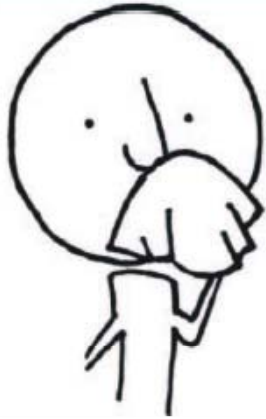


# Keep Germs to Yourself!

## Cover Your Cough



Cover your mouth  
and nose with a  
tissue when you cough  
or sneeze

or Cough or sneeze  
into your upper  
sleeve - not your hands.



Put your used tissue  
in the waste basket.



## Clean Your Hands



Wash vigorously with  
soap and water or  
use an alcohol-based  
hand cleaner.



Stop the spread of germs that make you and others sick!



The Maine Department of Health and Human Services  
Bureau of Health  
[www.mainepublichealth.gov](http://www.mainepublichealth.gov)